Chart 1.0 : Monitoring chart

Session	Date	Intervention	Delivered or not	PHQ-9	Remarks
			(Mark with Õ)	Score	
1		Psycho- education			
2		Relaxation exercise			
3		Health Promotion			
		Follow Up			

Chart 2.0: Session 2 - Activity workbook

Client are asked to tick mark on any of the activities done during last fortnight as relaxation activity

Activity	Frequency	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Progressive Muscle relaxation	15 minutes for 2-3 times per day														
Breathing Exercise	15 minutes each for 2-3 times per day														
Visual imagery	15 minutes each for 2-3 times per day														

Chart 3.0 : Session 3 : Activity workbook

	Activity	Frequency /content (Diet)	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Activity	Sleep	Full night sleep (minimum 6-8 hour)														
	Afternoon nap															
	Singing or humming a lullaby and visualizing baby going to sleep	3-4 times/day														
	Playing with baby	3 or 4 times every day														
	Prarthana/ Dua	1-2 times/day														
Diet	Breakfast															
	Before lunch															
	Lunch															
	Evening snacks															
	Dinner															